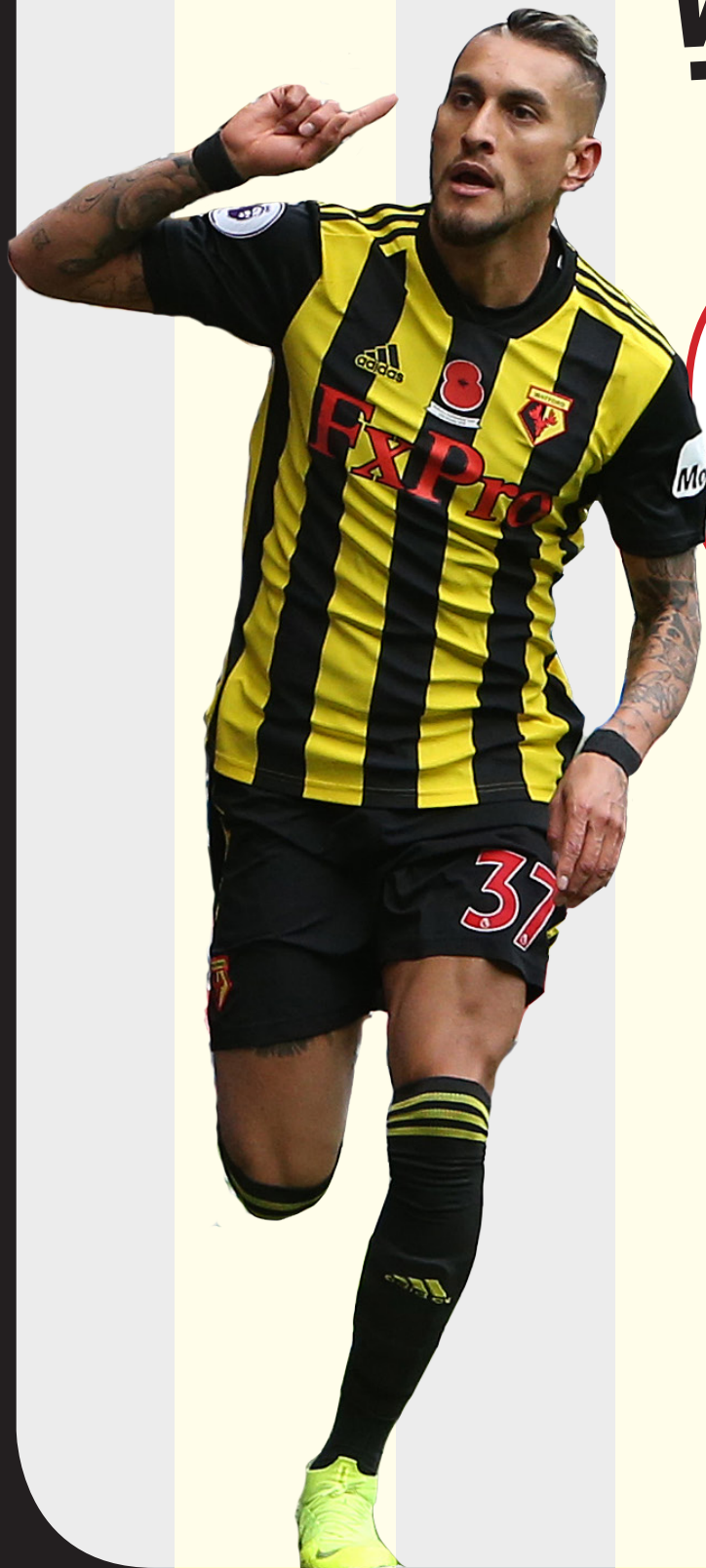




COMMUNITY SPORTS  
& EDUCATION  
**TRUST**

REGISTERED CHARITY NO: 1102239

# POSITIVE MINDS WORKBOOK



Resilience

Body image & eating sensibly

Internet safety

Anxiety & stress

Building positive relationships

Consolidating learning, growth mindset & the future

Name

School



# What is Mental Health?

“““

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community

*(World Health Organisation, 2014)*

## Local Help

If you are worried about yourself or think that you need advice from professionals there are a range of local and national services across the UK and Hertfordshire.

### Your local GP

**Mind** – 020 3727 3600 – [www.hertsmindnetwork.org](http://www.hertsmindnetwork.org)

**Samaritans** – 116 123 – [www.Samaritans.org](http://www.Samaritans.org)

**ChildLine** – 0800 1111 – [www.childline.org](http://www.childline.org)

**HPFT** – 0300 777 0707 [www.hpft.nhs.uk/get-help/](http://www.hpft.nhs.uk/get-help/) (Single Point of Access [hpft.spa@nhs.net](mailto:hpft.spa@nhs.net))

**The Ollie Foundation** – 07715 311 891 – [www.theolliefoundation.org](http://www.theolliefoundation.org)

**Young Mind** – 0808 802 5544 – [www.youngminds.org.uk/about-us/](http://www.youngminds.org.uk/about-us/)



# YOUNG MiNDS



# Mental Health Glossary

*Written by Year 6 Tanners Wood School (2018)*

- Addiction:** Addiction is a condition where you can't stop using or doing something that you feel like you cannot cope without.
- Anxiety:** Anxiety is when somebody is afraid, or scared, to do something because they think the outcome will only be bad.
- Bereavement:** Bereavement is where someone you're close too passes away, leaving you upset and may have physical consequences.
- Binge Eating Disorder (BED):** BED is an eating disorder that makes you eat a lot even when you aren't hungry and you feel ashamed about it afterwards.
- Bipolar Disorder:** Bipolar disorder causes mood swings which are changing from extremely happy and bubbly to depressed and sad.
- Body Dysmorphic Disorder (BDD):** BDD is when you feel obsessed or really bad about your body and you think that parts of your body are ugly.
- Depression:** Depression makes you feel sad, lonely and tired. Having depression makes you not want to play with friends or spend time with anyone else.
- Eating Disorder:** Eating disorders are when you eat too much or don't eat at all for a long period of time.
- Gender Dysphoria:** Gender Dysphoria is when some people feel that they want to change their gender, so much that they have a procedure, where a man turns into a woman or a woman turns into a man.
- OCD (Obsessive Compulsive Disorder):** OCD is when people do the same thing over and over again in the same way. If somebody else moves something the person with OCD will put it back how they like it; they will be stressed by the other person's actions and these will get worse the more that they think about it. Another example is when you are obsessed with hygiene and repeatedly wash your hands if you touch something or someone.
- Panic Attack:** A panic attack comes on suddenly, one minute you are okay and the next you are not feeling very anxious.
- Phobias:** Phobias are when you get scared and upset from a certain item, event or thing.
- Post-Natal Depression:** New mums sometimes suffer from post-natal depression. This is when a new mother struggles and worries about their new baby, how it has changed their life and how they will cope with the new baby.
- Post-Traumatic Stress Disorder (PTSD):** PTSD is a condition where someone sees or experiences a particularly traumatic occurrence and this effects their day to day life.
- Psychosis:** Psychosis is a mental health disorder when you may see things that are not really there (hallucinations). People with psychosis may have a strange relationship with reality.
- Schizophrenia:** People with schizophrenia may not understand the world in a normal way. It affects the way they think and there may be a voice in their head telling them what to do. People with schizophrenia may not always think clearly, they are confused, could find mixing with other people difficult and lack motivation.
- Self-Harm:** Self-harm is when you feel that you need to hurt yourself to cope with your emotions.
- Stress:** Stress is caused by any kind of demand, external pressure or threat. Your body goes into 'fight or flight' mode – you cannot think straight, and sleeping can be difficult. An outsider can tell whether a person is stressed by the way they respond to different situations. This can include over-reactions to certain situations.
- Trauma:** Trauma is when you physically damage your body or experience a difficult event and it effects your life negatively.

**\*\*PLEASE NOTE: Symptoms described in this Mental Health Glossary are not self-diagnosable, any concerns please contact your local Doctor. \*\***

# Week 1 - Resilience

## What is resilience?

Resilience has been described as the “ability to succeed, to live, and to develop in a positive way despite the stress or adversity that would normally involve the real possibility of a negative outcome”. It is the ability to maintain personal wellbeing in the face of challenge. **(NHS 2011)**

## Task One: Human Bingo

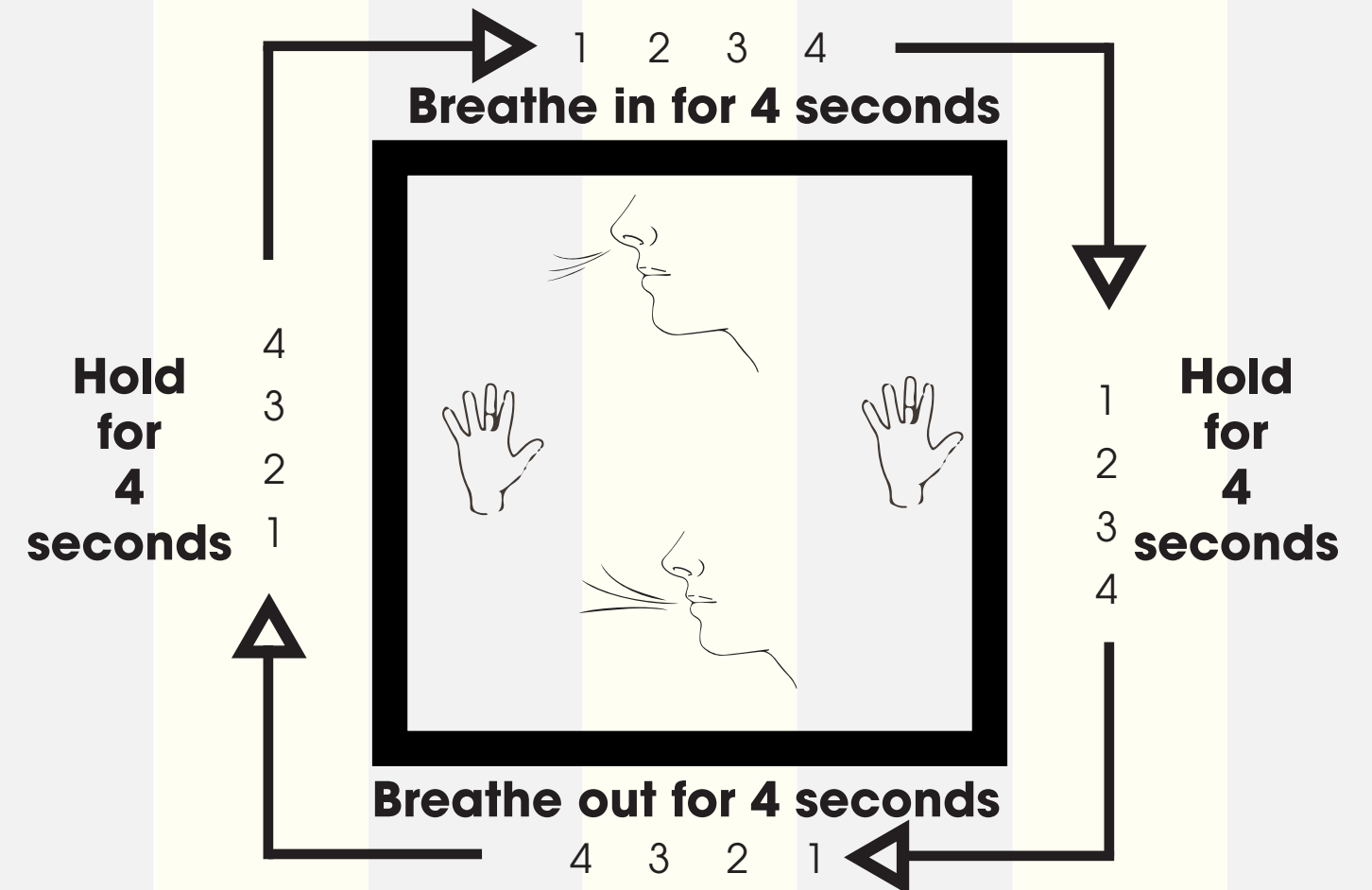
Birthday in January	Plays a musical Instrument	Has a cat	Supports Watford FC	Has never broken a bone
Has a sister	Loves school	Has blue eyes	Plays the Playstation	Can swim 25 meters
Likes a cup of tea	Has watched a Star Wars movie	Is allergic to something	Has a dog	Is left handed
Who likes to draw	Who wears glasses	Has a brother	Who plays a sport	Plays Fortnite
Has been to another country	Is an only child	Has been skiing	Who's favourite colour is blue	Is afraid of spiders
Likes to eat pizza	Who's favourite colour is red	Birthday is in July	Can ride a bike	Is a vegetarian

**Go around the class and find someone who has one of the following:**

- Write the person's name who has one of these boxes
- To win you must get one line going across or down (no diagonals).
- You must use a different person for each answer

## Coping Strategies

### BOX BREATHING



**I am resilient because:**

- 1.
- 2.
- 3.

“”

“Coping strategies refer to the specific efforts, both behavioural and psychological, that people employ to master, tolerate, reduce, or minimize stressful events”.

**(Taylor, 1998)**

# Week 2 - Body image & eating sensibly

If you could only eat one food for the rest of your life, what would it be?

'When they were young' answers?

1.

2.

3.

4.

5.

6.

OUTCOMES:

What have I learnt?

## More Info

[www.beateatingdisorders.org.uk/](http://www.beateatingdisorders.org.uk/)

Beat is the UK's leading charity supporting anyone affected by eating disorders, anorexia, bulimia, EDNOS or any other difficulties with food, weight and body shape.



Design a poster: 1) To highlight what good body image is and B) To highlight the negative body image that the media portray.

Body image is a persons perceptions, feelings and behaviours towards their appearance.



If you want to make the world a better place, take a look at yourself and then make the change

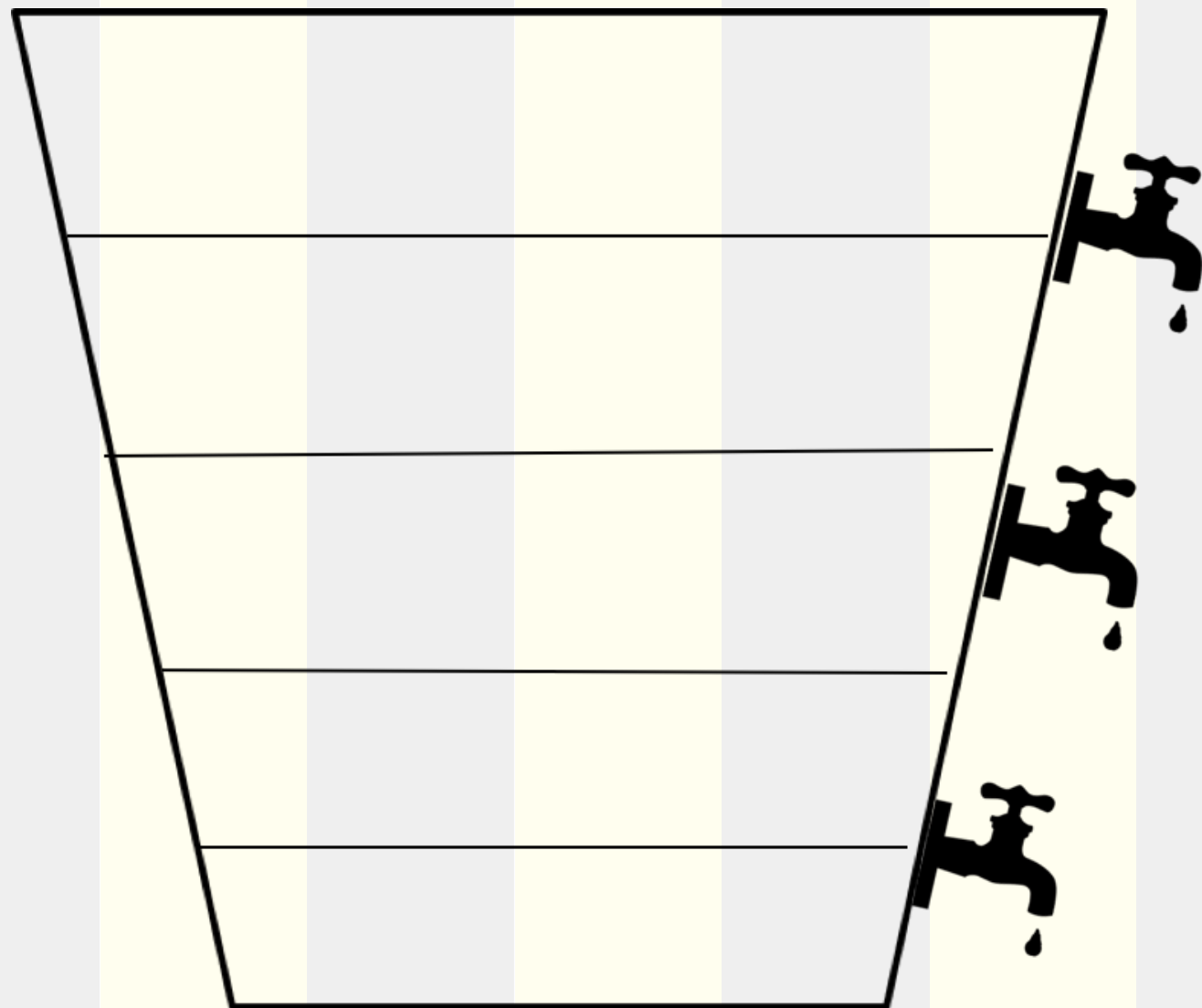
**Michael Jackson, Man in the mirror**



# Week 3 - Anxiety & stress

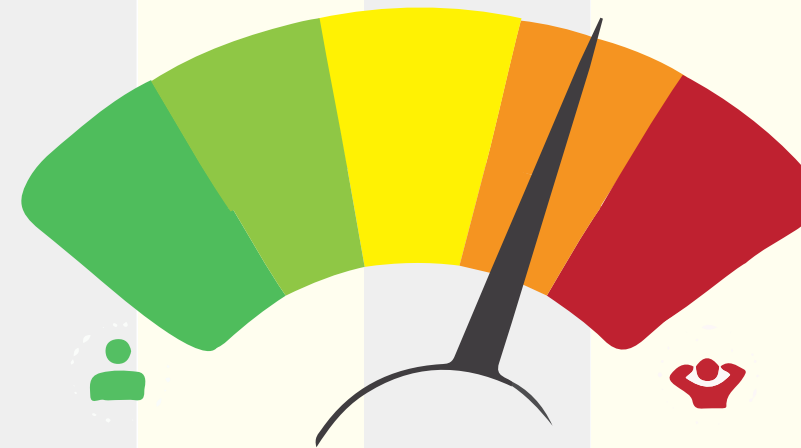
If you had to live somewhere else, where would it be?

Stress Bucket



You are braver than you believe. Stronger than you seem and smarter than you think.

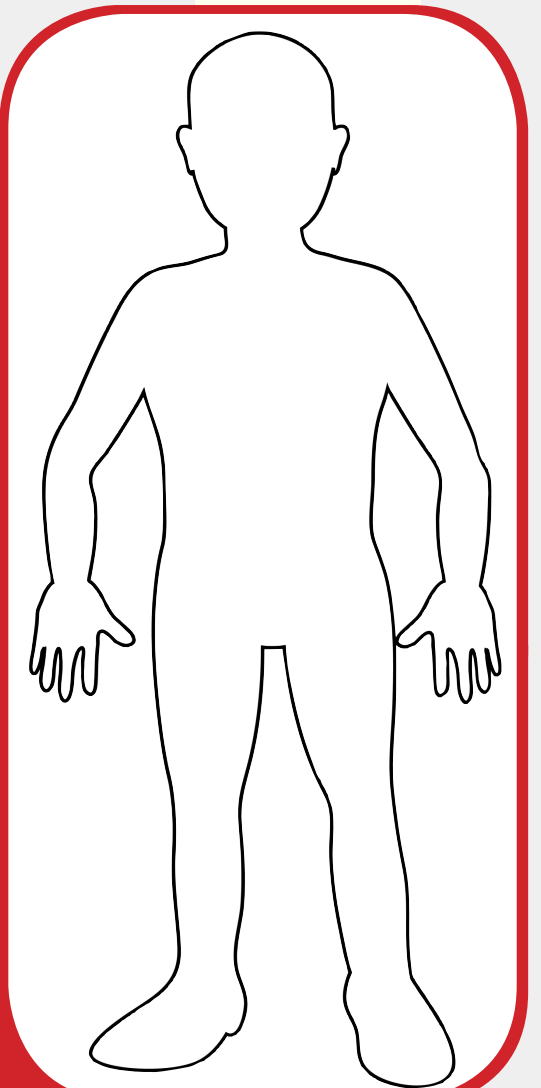
**Winnie the Pooh**



Stress-O-meter

## Task

Draw how worries or stress will look on your person! Use **colours, symbols and shapes** to show how your person might be worries or stressed.



Your friend is very anxious about going to school because of upcoming tests. He is becoming very stressed and agitated as he feels that there is a lot of pressure for him to do well. Your friend is even starting to refuse seeing his friends and going to school because he is becoming so overwhelmed.

**How would you help your friend?**



# Week 4 - Internet safety

What is your favourite social media platform and why?

Task: You have 60 seconds to write down as many types of social media platforms as possible.



## Top Tips

Use social media for 60-90 minutes a day

Post positive messages to each other

Privatise your account!

Use to interact and keep in contact with friends

Don't replace human interaction with talking on social media

Be aware of who you are talking to and make sure you know them

Don't replace physical activity and hobbies with social media

Don't post or share anything that could upset someone else

## IMPORTANT TO REMEMBER

Whatever you post online is permanent

Whatever you post is not owned by you anymore - The website owns it!

Some people are not who they say they are

Don't interact with people you don't know in person

It is estimated 93% of employers check a candidate's social media profile

Often pictures are highly edited and not a true representation of what that person looks like

Before posting ask yourself, is this something I want my parents or grandparents to see

54% of young people have experienced cyberbullying

Over 25% of young people have been repeatedly bullied through their phones

Can you guess whether the next person has higher or lower Twitter followers. Draw an arrow higher or lower as we go along.



34.8m

Does the  
amount of  
followers  
match your  
worth?

“”

The Internet is becoming the town square  
for the global village of tomorrow.

**Bill Gates 2017**



# Week 5 - Building positive relationships

Is it more important to be listened to or to be a good listener?

## Support Network Task

- Draw the outline of your hand
- Write the names of anyone you can speak to at home in the thumb
- Anyone you can speak to at school in the fingers
- In the wrist write who you would contact in an emergency
- In the palm write something you can talk to that can't talk back.



## Support Network

A support network is "a group of people who provide emotional and practical help to someone in serious difficulty". Everybody needs a support network in their daily lives to be able to thrive, anyone who you can trust and will support you can be included in yours.



In times of crisis, the wise build bridges, while the foolish build barriers. We must find a way to look after one another as if we were one single tribe.

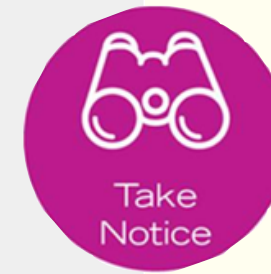
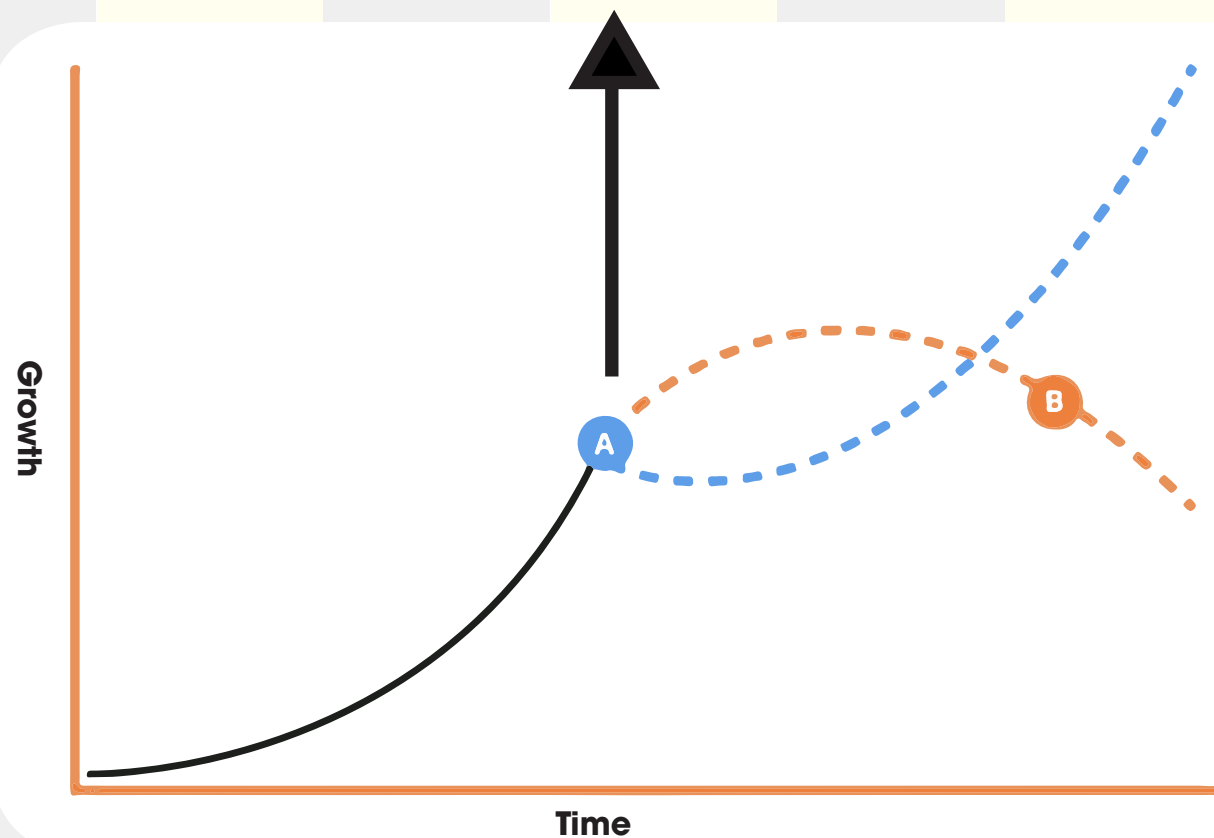
**Black Panther**



# Week 6 - Consolidating learning, growth mindset & the future

Where do you see yourself in 5 years?

Think about a time in your life when you have come up against an unexpected challenge and overcame it. How did you do this, did you have a fixed mindset or a growth mindset.



1. **Connect** - What are the top three qualities that makes someone a good friend?
2. **Be Active** - How do you keep fit & active?
3. **Take Notice** - What is your favourite season of the year & why?
4. **Keep Learning** - Whats a skill you have always wanted to learn?
5. **Give** - What is the kindest act anyone has done for you?



The future is unwritten, it's what we make of it

**Doc Brown**





## EMPOWER GROUP

After Positive Minds we are running A FREE 12-week Empower Programme offering physical activity sessions. These consist of 90 minutes of physical activity and 'Wellbeing Workshop'. Anyone can be referred, if they are between the ages of 9-14 years old and it is felt that their physical and mental wellbeing could be improved via participating in physical activity. This course begins in January 2019 in Watford and students wanting to join can do so by having parents/ guardians email:

**liam.dwyer@watfordfc.com - ryan.gunn@watfordfc.com**

**[www.wfctrustmentalhealth.com](http://www.wfctrustmentalhealth.com)**



Just Talk is a Hertfordshire campaign led by young people themselves and agencies across Hertfordshire. Just Talk aims to make sure every single young person in Hertfordshire knows that it's OK to not be OK.

### **Key messages are:**

- We all have mental health just like we all have physical health
  - Talking shows strength
- Seeking help early means you're more likely to get better
- There are simple and relevant ways to improve your own mental health (or to support others to improve their mental health)
- There is support and information available, and it can really help

You can get involved in the conversation by using **#JustTalk** or visit **[www.healthyyoungmindsinherts.org.uk/justtalk](http://www.healthyyoungmindsinherts.org.uk/justtalk)** for more information as well as films featuring Watford FC players and other inspiring speakers. If you'd like to get involved in helping to drive this campaign forward and shape the future of the project, email **[PublicHealth@hertfordshire.gov.uk](mailto:PublicHealth@hertfordshire.gov.uk)**